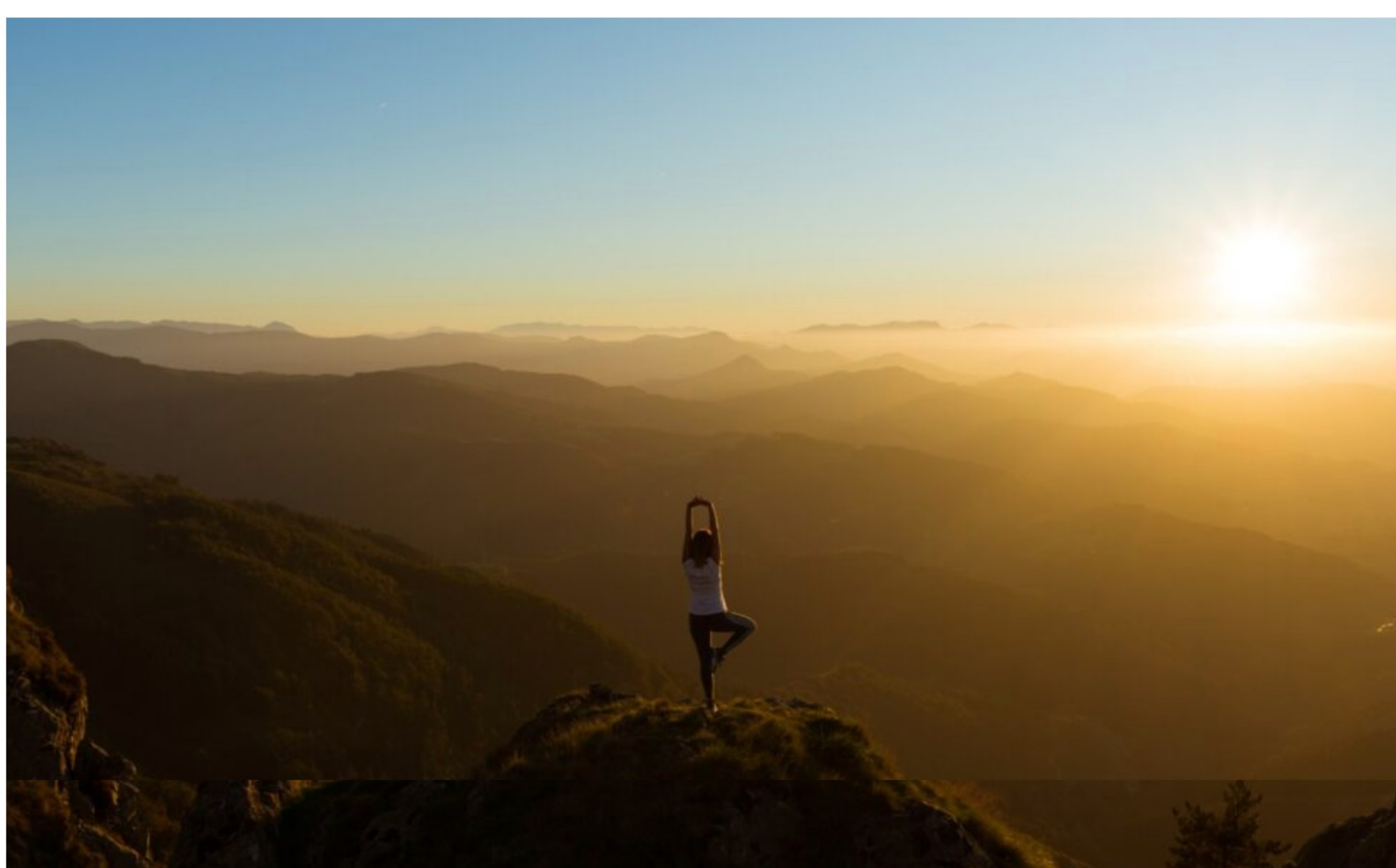


# The Healing Journey: A Closer Look at 90-Day Drug Rehab Programs

by impactwellness | Nov 1, 2023 | Blog



Experiencing addiction to drugs and alcohol can be a harrowing journey, but the path towards healing and recovery is often filled with hope. For individuals struggling with substance use disorder (SUD), enrolling in an extended treatment program like a 90-day rehab can offer invaluable support and structure for long-term sobriety.

But how does such an intensive program work? We are going to take a closer look at what participation in a 90-day drug rehab might entail, from eligibility requirements to coping strategies for aftercare. By shedding more light on the process of seeking treatment through extended rehab programs, we aim to provide guidance and insight for those considering this life-changing undertaking.

## Overview of 90-Day Drug Rehab Programs

When it comes to addiction recovery, time is of the essence. That's why many people turn to 90-day drug rehab programs. These programs offer an extended period of structured therapy and support, giving individuals the time they need to fully commit to their recovery journey.

With a focus on both physical and mental health, 90-day programs can help individuals break free from the cycle of addiction and develop lifelong strategies for success. From individual therapy to group sessions, these programs offer a holistic approach to treatment that can yield lasting results.

## Benefits of a Longer Recovery Program

While traditional recovery programs typically last for 30-90 days, opting for a longer program can have significant benefits for those seeking to overcome addiction. A longer recovery program allows individuals to dive deeper into the underlying causes of their addiction and address them more comprehensively. It also provides more time to practice coping skills and build a support network, increasing the likelihood of long-term success.

Moreover, extended recovery programs often offer additional holistic therapies such as yoga, meditation, and nutrition counseling, which can help individuals restore physical, emotional, and spiritual balance.

## Understanding the Different Types of Treatment

There is no one-size-fits-all approach to addiction recovery; each individual's journey will be unique. That's why 90-day drug rehab programs offer a variety of treatment options to cater to different needs and preferences. Some common types of treatment available in these programs include:

- **Individual therapy:** This involves one-on-one sessions with a therapist, where individuals can address underlying issues and learn coping strategies.
- **Group therapy:** These sessions are led by a therapist and involve interaction with other individuals in recovery, providing a sense of community and support.
- **Family therapy:** Addiction can affect not just the individual but also their loved ones. Family therapy allows for healing and rebuilding relationships affected by addiction.
- **Holistic therapies:** As mentioned before, these may include activities like yoga, meditation, art therapy, and others that promote overall well-being.

With a combination of these treatments and individualized care plans, 90-day drug rehab programs offer a comprehensive approach to recovery that can address the physical, mental, emotional, and spiritual aspects of addiction.

## Advantages and Disadvantages of Long-Term Rehabilitation

One of the advantages of long-term rehabilitation is that it provides a safe and stable environment for individuals to focus solely on their recovery without the pressures of the outside world. Additionally, long-term rehabilitation programs are designed to offer comprehensive care and support to patients, allowing them to work through their challenges at their own pace.

However, despite its benefits, long-term rehabilitation also comes with its fair share of disadvantages. For one, it requires a significant investment of time and resources, which may not be sustainable for everyone. Furthermore, it can sometimes feel isolating, as those in long-term rehab may miss out on important events and milestones in their personal lives.

## Coping with Triggers After Leaving Rehab

Leaving rehab can be an incredibly hopeful and exciting time, but it can also be an anxiety-inducing transition period. One of the key hurdles in moving forward with a new sober lifestyle is coping with triggers that may lead to relapse.

Triggers can come in many different forms, such as:

- **People:** Certain individuals or groups of people may remind you of past drug or alcohol use.
- **Places:** Locations where you used to drink or do drugs may be triggering for you.
- **Emotions:** Negative emotions like stress, anger, and sadness can be powerful triggers for relapse.

It's important to identify these triggers and develop effective coping mechanisms to manage them. This may include engaging in activities to reduce stress, surrounding yourself with a supportive network of people, and seeking professional help when necessary.

## Contact Impact Wellness Network Today

Through evidence-based therapies, life skills training programs, wellness and fitness initiatives, addiction education, and individualized case management plans – our team strives to nurture individuals through their unique recovery journey.

Now is the time to reach out for help so your loved one can take control of their life again – we are here for you. [Contact Impact Wellness Network today](#) to learn more about how our 90-day drug rehab program can help your loved one on their rehabilitation journey back to health and emotional balance.

[Together as a team](#), we believe in providing all individuals with the support needed to thrive in recovery!

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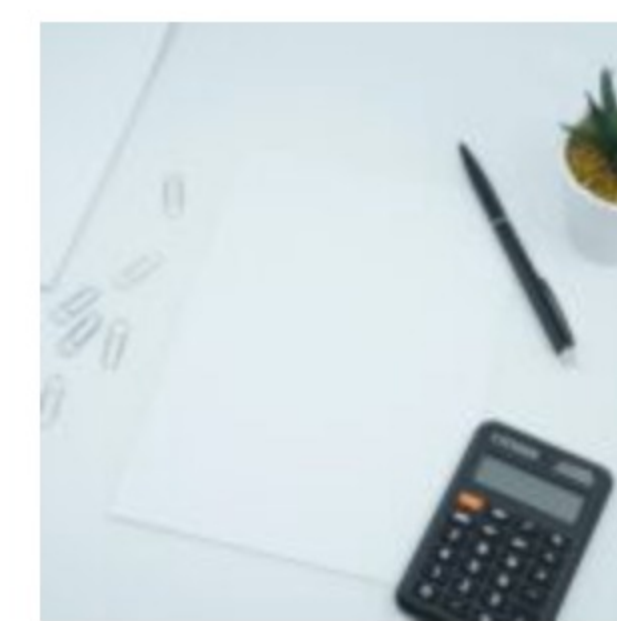
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



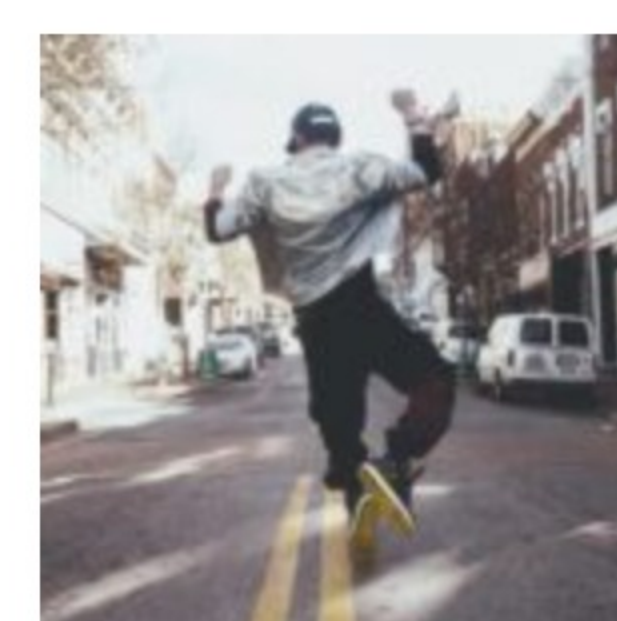
The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



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Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



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